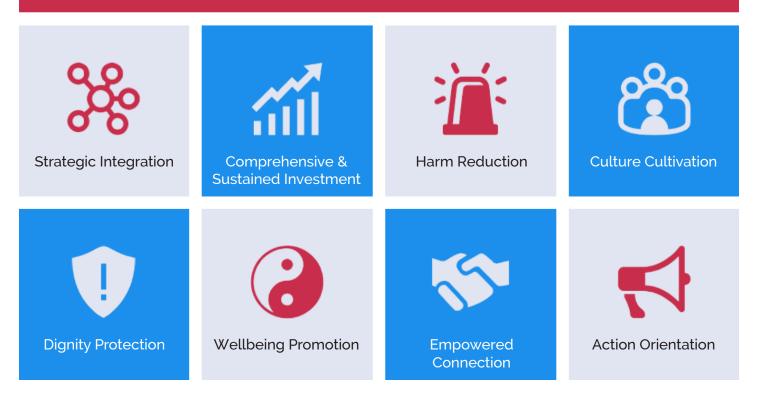# WORKPLACE SUICIDE PREVENTION

Be vocal, be visible, be visionary: be a part of the solution

Workplace leaders are essential in the effort to prevent suicide. Join a community that is leading the way for new suicide prevention solutions involving businesses, organizations and professional associations.

Adults in the U.S. often spend more waking time at work each week than with their families. When a workplace is functioning well, it becomes a place of belonging and purpose — qualities of well-being that can sustain us when life becomes unmanageable.

The goal of the National Guidelines for Workplace Suicide Prevention is to change the culture of workplaces to reduce job strain and better support people experiencing significant despair and distress that can increase risk for suicide. Our hope is to inspire work organizations and professional associations to join the global effort to prevent suicide by incorporating a comprehensive suicide prevention strategy as part of their health and safety priorities. These guidelines provide a roadmap for workplace leaders who wish to engage in the culture-change process and address suicide prevention in a comprehensive way.

8 Guiding Principles for Making Suicide a Health and Safety Priority at Work

Strategic Integration	Comprehensive & Sustained Investment	Harm Reduction	Culture Cultivation
Dignity Protection	Wellbeing Promotion	Empowered Connection	Action Orientation

Take the pledge to make suicide prevention a health and safety priority at your work organization or professional association: WorkplaceSuicidePrevention.com.

Workplace Suicide Prevention Readiness

We surveyed industry leaders from a variety of different occupational groups across the country. Here's what they had to say about workplace suicide prevention:

- 43% want to improve employee engagement and retention
- 30% want to decrease presenteeism and absenteeism
- 86% want to increase employee health and well-being

- 72% know that workplace suicide prevention is the right thing to do
- 55% want to increase employee safety and productivity

Who will benefit from National Guidelines for Workplace Suicide Prevention?

- Executive Leadership
- Managers/Supervisors
- Human Resources (HR)
- Legal Advisors
- Labor
- Employee Assistance Professionals (EAP)

- Safety Managers/Trainers and Risk Management Personnel
- Security/Workplace Violence Prevention Advocates
- Peer Supporters and Specialists, Mentors, and Wellness Coordinators

9 Recommended Practices for Making Suicide a Health and Safety Priority at Work

Leadership
Cultivating a Caring Culture Focused on Community Well-Being

Job Strain Reduction
Assess and Address Job Strain and Toxic Work Contributors

Communication
Increase Awareness of Understanding Suicide and Reduce Fear of Suicidal People

Self-Care Orientation
Self-Screening and Stress/ Crisis Inoculation Planning

Training
Build a Stratified Suicide Prevention Response Program Specialized Training by Role

Peer Support & Well-Being
Ambassadors Informal and Formal Initiatives

Mental Health & Crisis Resources
Evaluate and Promote

Mitigating Risk
Reduce Access to Lethal Means and Address Legal Issues

Crisis Response
Accommodation, Reintegration and Postvention

Join the community and stay on top of best practices

Follow Workplace Suicide Prevention and #WorkplaceSuicidePrevention